ABSTRACT

A file access apparatus (10) includes a CPU (36). The CPU (36) accesses an MPEG file under control of a multi-task OS. The MPEG file contains MPEG data on a plurality of frames forming a moving image and index information used for managing the MPEG data. The CPU (36) causes an index task to issue an index readout instruction for reading out the index information from the MPEG file, and causes a main task to issue a frame readout instruction for reading out the MPEG data from the MPEG file. The frame readout instruction is issued with reference to the index information read out in accordance with the index readout instruction. Access to the MPEG file in accordance with the thus issued index readout instruction or the frame readout instruction is executed by a BG task.